

## CLAIMS

We claim:

1. A mat comprising:  
at least one layer of material, wherein each layer has a generally flat top surface and a  
5 generally flat bottom surface;  
a plurality of recessions formed on or within said bottom surface of the bottom layer of  
said mat; and one or more suction cups each having an upper portion and a lower portion,  
wherein said upper portion terminates at a surface contacting edge and is attached to said bottom  
surface of said bottom layer of said mat member.
- 10 2. The mat as described in claim 1 wherein said recessions have a top surface and  
side surfaces that form a cavity between said bottom surface and the surface on which said mat  
rests and wherein each suction cup is attached to said top surface of a particular recession within  
said cavity of said recession and wherein said surface contacting edge extends beyond said  
generally flat bottom surface of said mat.
- 15 3. The mat as described in claim 1 wherein said recessions have a top surface and  
side surfaces that form a cavity between said bottom surface and the surface on which said mat  
rests and wherein each suction cup is attached to said top surface of a particular recession within  
said cavity of said recession and wherein said surface contacting edges of said suction cups do  
not extend beyond said generally flat bottom surface of said mat.
- 20 4. That mat as described in claim 1 wherein said material of said bottom layer is  
rubber or plastic.
5. The mat as described in claim 1 wherein said recessions are cylindrical in shape.
6. The mat as described in claim 1 wherein said recessions are formed in a plurality  
of straight rows on said bottom surface of said bottom layer and said plurality of straight rows  
25 are parallel to each other.
7. The mat as described in claims 2 or 3 wherein said upper portions of said suction  
cups are connected to said top surfaces of said recessions by a cylindrical pillar.
8. The mat as described in claim 1 wherein the upper surface of the top layer of said  
mat comprises a bond of said top layer with another layer consisting of the group of yarn, carpet  
30 or fabric.

9. The mat as described in claim 1 wherein said mat comprises two layers of materials each having top and bottom surfaces, wherein the top surface of the bottom layer is bonded to the bottom surface of the top layer.

10. The mat as described in claim 1 wherein said mat comprises two or more layers of material each of said layers consisting of a different material.

11. The mat as described in claim 10 wherein said layers consist of varieties of rubber having varying flexibilities.

12. The mat as described in claim 9 wherein said bottom layer consists of a rubber compound having a lower durometer reading than said top layer.

13. The mat as described in claim 10 wherein the durometer readings of said layers increase from the lowest durometer reading for the bottom layer to the highest durometer reading for the top layer.